

mikva in shower

Posted by Dexterboy - 05 Apr 2016 19:47

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A rabbi once mentioned to me according to some opinions that there is a way to do mikvah in the shower for a seminal emission. He never got to tell me how though. Can anyone shed some light on this?

Thanks

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Re: mikva in shower

Posted by Dexterboy - 06 Apr 2016 03:26

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well said, and i understand that. but its valuable to know for someone who has been clean for a while and wants to hold by this to enhance his davening power etc.. which is clear that many people say you have more impact in davening if you are tahar through mikvah. And I'd be careful to say it wouldnt help anyone recover. Making yourself feel like loyalty involves purifying yourself, dressing well.. acting right... sometimes just going through these actions will make you think of yourself as "less of a bum" which in turn can be a very strong weapon against the yaitzer hara. The biggest weapon the yaitzer has is bringing people who fall even further down the whole through despair and depression.

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Re: mikva in shower

Posted by Dexterboy - 06 Apr 2016 03:29

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ok well thats good to know. Read my reply to him. Thanks for your info and personal experience with this. That is a lot more valuable to me

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Re: mikva in shower

Posted by peloni almoni - 06 Apr 2016 03:31

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[Dexterboy wrote on 06 Apr 2016 03:26:](#)

well said, and i understand that. but its valuable to know for someone who has been clean for a while and wants to hold by this to enhance his davening power etc.. which is clear that many people say you have more impact in davening if you are tahar through mikvah. And I'd be careful to say it wouldnt help anyone recover. Making yourself feel like loyalty involves purifying yourself, dressing well.. acting right... sometimes just going through these actions will make you think of yourself as "less of a bum" which in turn can be a very strong weapon against the yaitzer hara. The biggest weapon the yaitzer has is bringing people who fall even further down the whole through despair and depression.

the website i posted i pretty accurate. they measure based on majority of showers' water pressure. assume close to 6 gallons, dont walk out from under the shower stream in the middle, and you'll be fine.

but ??? ????? ??? your "recovery" should be rooted in something real. the chassidus and avoda will be so much more meaningful once actual humility and acceptance are reached.

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Re: mikva in shower

Posted by Dexterboy - 06 Apr 2016 03:42

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ok thank you

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Re: mikva in shower

Posted by Shlomo24 - 06 Apr 2016 05:49

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Many people have learnt on GYE that masturbation and pornography aren't about purity. It's about living life normally. If someone is on this site then chances are the issurim didn't hold them back and they need more tools. I hear your point about chashivus, but in my experience, I needed to listen to others to get sober, I couldn't do it myself.

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Re: mikva in shower

Posted by Balabos - 06 Apr 2016 11:29

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Dexterboy,

Look, you insist on your opinion regarding this issue. You haven't yet disclosed how many days you're currently clean or how often you act out. But you know it, probably.

May I suggest: Compare your streak with those of Markz and the other guys around here with whom you disagree. If it turns out that what works for them seems to be more effective, then it might be worth to reconsider and maybe abandon some of your ideas.

For me personally mikva helped IN recovery (as additional motivator) but never TOWARDS recovery. For the latter I need different tools, see GYE handbook. Believe me, I was there for years fooling myself and how do I know this feeling of (using the words of PA) "thinking to be pure and holy, when in an hour or two (or tomorrow) will be right back at it again" only too well. Sometimes causing the next fall right when still in there.

Hatzlocha,

Balabos

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